

ATTACHMENT # 19

Behavioral Health, Alternative Services, and SMI/SED Benefit Packages

19.1.1Behavioral Health Benefit Packages

Mandatory minimum benefit package available to all *SoonerCare* members.

Inpatient Treatment

Inpatient hospital care requiring: twenty-four (24) hour supervision as a result of acute psychiatric illness or medical detoxification for substance abuse. Includes professional staff, under the direction of a physician, providing comprehensive care based on a treatment plan (on documentation of need) in a specialized behavioral health care unit in a hospital.

Outpatient Treatment for persons with psychiatric, substance abuse and/or domestic violence problems

Individual Counseling: A therapeutic session with an individual conducted in accordance with a documented treatment plan focusing on treating his/her predetermined problem.

Group Counseling: A therapeutic session with a group of individuals conducted in accordance with a documented treatment plan focusing on treating his/her predetermined problem.

Family/Marital Counseling: A therapeutic session with family members/couples conducted in accordance with a documented treatment plan focusing on treating family/marital problems and goals.

Residential Treatment (restrictive)

Supervised 24-hour care in conjunction with an intensive treatment program for pregnant women and children with psychiatric and/or substance abuse problems who require more intensive care than outpatient treatment. Services shall include a minimum of 21 hours per week of therapeutic services to include but not limited to: individual counseling, group and family counseling, social/recreational activities, crisis stabilization, client advocacy and linkage to community resources.

Day Treatment

A time-limited, active treatment program that offers therapeutically intensive, coordinated, and structured clinical services within a stable therapeutic milieu. The program purpose is to provide intensive daily goal directed treatment to individuals experiencing acute symptoms or decompensating clinical conditions that severely impair their capacity to function adequately on a day-to-day basis, and who may be at risk of inpatient treatment without the daily program. The program is normally provided at least three hours per day, five days a week. Treatment offered may include but need not be limited to: individual and group counseling; medication evaluation; family therapy; communication skills training; assertiveness training; stress management; problem solving techniques; and adjunctive therapeutic activities such as occupation therapy.

Outpatient Crisis Intervention

An unanticipated, unscheduled emergency intervention requiring prompt action to resolve immediate, overwhelming problems that severely impair the individual's ability to function or maintain in the community. Must be available 24 hours a day with the ability to provide face-to-face intervention to include but not limited to: 24 hour assessment, evaluation and stabilization; access to inpatient treatment; diagnosis and evaluation in external settings, such as jails and general hospitals; and, referral services.

Evaluation and Testing

A formal evaluation to establish problem identification, clinical diagnosis, or diagnostic impression. An evaluation shall include an assessment interview with the client and family. If deemed appropriate, may also include psychological testing, scaling of the severity of each problem identified for treatment; and/or, pertinent collaborative information. The evaluation will determine an appropriate course of assistance which will be reflected in the treatment plan.

19.1.2

Alternative Services

Services described below may be provided as alternatives to services described above in the behavioral health benefits package when, in the opinion of the Health Plan, they are appropriate treatments in light of the condition of a patient and they are more cost effective than services required in the benefits package. However, Health Plan will not be required to provide these alternative services should it choose not to do so. Specifically, the following alternative services are authorized for all Title XIX enrollees (including SMI/SED designated individuals).

1. Medically Supervised Detoxification
2. Community-Based Structured Crisis Care
3. Day Treatment
4. Psychosocial Rehabilitation
5. Home-Based Services for Children and Families
6. Rehabilitative Case Management
7. Mobile Crisis Assessment
8. Community Based Residential Programs
9. Peer Counseling
10. In-Home Support Service
11. Other Alternative Services (with prior approval from OHCA).

MEDICALLY SUPERVISED DETOXIFICATION:

Non-hospital-based detoxification services for intoxicated clients who are withdrawing from alcohol and/or other drugs, and who are assessed as currently not experiencing any apparent medical or neurological symptoms that could require hospitalization. Services are provided under the direction of a licensed physician who is on-call 24 hours a day and a licensed registered nurse who directly supervises each detoxification protocol.

COMMUNITY-BASED STRUCTURED CRISIS CARE:

Crisis stabilization consists of emergency psychiatric and substance abuse services for the resolution of crisis situations provided behavioral health care setting. Crisis stabilization includes the ability to provide a protective environment, basic supportive care, medical assessment and treatment and return services.

Contractor may utilize mobile outreach/crisis intervention in crisis stabilization. Mobile outreach/crisis intervention is intervention with individuals and their families in their residence or natural setting in response to an emerging crisis. Interventions consist of comprehensive outpatient services including: evaluation/assessment, crisis intervention treatment, medications, advocacy and linkage following stabilization to other less intense levels of care in an outpatient setting.

Contractor may provide respite care in crisis stabilization. Respite care is a service provided to children or adults and their families to defuse a crisis situation and prevent hospitalization. The service is short-term and time limited (not to exceed 72 hours) with qualified mental health professionals and paraprofessionals working with the identified client and the family separately to calm the situation and conflict. The identified client or the family may be asked to leave the situation until the crisis is in hand.

DAY TREATMENT

A therapeutic, structured, comprehensive program designed to improve or maintain a client's life management skills and ability to function in the community. The program is usually offered on a scheduled basis, minimum of 3 hours per day at least 3 days a week.

PSYCHOSOCIAL REHABILITATION SERVICES:

Therapeutic day program which is normally open at least three days per week, six hours per day. Programs are designed to assist participants in obtaining or developing the skills, resources, abilities, and support systems necessary to maintain or establish self-sufficiency in the community. Participants shall be given the opportunity to be involved in all functions of the program including administration, intake and orientation of new participants, outreach, hiring and training of staff, advocacy and evaluation of program effectiveness. The program offers social, and daily living activities provided within the structure of a work-ordered day. The work-ordered day consists of participants and staff working side by side in the running of the program to assist participants regain self-worth, purpose and confidence.

HOME-BASED SERVICES TO CHILDREN AND FAMILIES:

Intensive therapeutic and support services to families of children with acute psychiatric problems for the purpose of preventing the child's removal from the home to more restrictive care. Home-based services include a range of services of which the majority are delivered in the client's home or in other natural settings in the community. Home-based services should be scheduled as the needs of each family dictates, taking into account the fact such services must often be offered during evening and weekend hours. In addition, Home-based services may be available on an emergency basis to all families participating in the program. Services to be provided may include but are not limited to: 24 hour crisis intervention with Home-based families; individual and family counseling; parent education and training on behavior management; social skills development; daily living skills training; and developing client access to community resources.

REHABILITATION CASE MANAGEMENT SERVICES:

Services provided to assist a client's gaining access to needed medical, social, educational and other services, and to meeting basic human needs. Major components of the services include working with the client in gaining access to appropriate community resources. The case manager may also provide referral, linkage and advocacy. Case management is designed to assist individuals; accessing services.

MOBILE CRISIS ASSESSMENT:

A service which is used to quickly assess members who are experiencing a behavioral health crisis. The assessment can be performed in a variety of settings, often circumventing the need for an emergency room evaluation. Licensed mental health professionals with access to psychiatrist consult are appropriate providers.

COMMUNITY-BASED RESIDENTIAL PROGRAMS:

These programs are non-medical model programs which provide individualized therapeutic services and a therapeutic milieu but are less restrictive than hospital-based services. Children who are in this level of care often attend public schools and/or vocational programs and participate in other community programs or functions.

PEER COUNSELING:

Peer counseling is a therapeutic support service provided by an individual who has faced and coped with similar behavioral health and substance abuse problems. The peer counselor provides support and information from the perspective of direct experience.

IN-HOME SUPPORT SERVICES:

Services which are designed to assist a person maintaining in his/her home and community. These services could include home aides, respite services, and other supportive services.

OTHER ALTERNATIVE SERVICES:

Other alternative services may be developed and offered in order to meet the behavioral health services needs of the enrollees. The treatment services should not be considered experimental and must have the prior approval of the Authority.

19.2

SMI/SED Benefit Package

Mandator?, supplemental minimum benefit package available to those individuals designated as SMI/SED by the CHCA. The following services must be available in conjunction with the Behavioral Health Benefit Package.

Intensive Outpatient Services

A therapeutic, structured, comprehensive program designed to provide treatment to improve or maintain a client's life management skills and ability to function in the community. The program is usually offered on a scheduled basis a minimum of 2 hours per day at least 3 days a week

Psychosocial Rehabilitation Services

Therapeutic day program which is normally open at least three days per week, six hours per day. Programs are designed to assist participants in obtaining or developing the skills, resources, abilities, and support systems necessary to maintain or establish self sufficiency in the community. Participants shall be given the opportunity to be involved in all functions of the program including administration, intake and orientation of new participants, outreach, hiring and training of staff, advocacy and evaluation of program effectiveness. The program offers social, and daily living activities provided within the structure of a work-ordered day. The work-ordered day consists of participants and staff working side by side in the running of the program to assist participants regain self-worth, purpose and confidence.

Home-based Services

Home-based services involve a range of services of which the majority are delivered in the client's home or in other natural settings in the community. Home-based services should be scheduled as the needs of each family dictates, taking into account the fact such services must often be offered during evening and weekend hours. In addition, Home-based services may be available on an emergency basis to all families participating in the program. Services to be provided may include but are not limited to 24 hour crisis intervention with Home-based

families: individual and family counseling; parent education and training on behavior management. Intensive therapy and support services to families of children with acute psychiatric problems for the purpose of preventing the child's removal from the home to more restrictive care. Home-based services are also appropriate for adults who are experiencing acute mental health episode or to a person designated as SMI.

Rehabilitative Case Management

Services provided to assist a client's gaining access to needed medical, social, educational and other services essential to meeting basic human needs. Major components of the services include working with the client in gaining access to appropriate community resources. The case manager may also provide referral linkage and advocacy. Case management is designed to assist individuals in accessing services.

Therapeutic Foster Care (Residential Behavioral Management)

Therapeutic foster care (TFC) is a treatment modality to assist emotionally-disturbed children in developing improved abilities to function in a non-institutional setting. It is designed to provide foster parents who are trained and prepared to provide in-home care to children who are experiencing serious emotional disturbance. TFC is provided by an agency approved by DHS with an existing contract with the Authority for this service. The agency provides ongoing support and training for the foster parents and provides additional therapy (individual, group, etc.) in addition to the behavioral management services provided by the foster parents.

SAM MILLER
(202) 690-6145

[illegible]